Did you know research suggests leading a healthy lifestyle may reduce your risk of dementia? It can also help lower your chances of heart disease and stroke too! So we’d like to encourage you to make a get fit pledge to help reduce your risk of dementia and also make a donation to help find a cure.

Here’s how it works:

1. Decide what lifestyle change you’d like to make – there are some tips below. Make a donation to seal the deal. We suggest £2.

2. Write your pledge on the attached slips and pin it up in your office.

3. Get started! Best of luck fulfilling your pledge, but if you don’t quite make it, why not double your donation and try again?

Some tips to help you decide:

• Make your challenge personal to you. You are the best person to decide what a challenge is for you, whether that’s not taking the lift for six months or signing up for your first marathon.

• Try something that’s achievable but will make a difference to your health. Cut out a glass of wine a week, walk a mile every lunch time, go meat free a day a week or give up chocolate for a month.

• There are lots of ways to get active by taking on a challenge and raising money for Alzheimer’s Research UK. Find the perfect event for you here. Or get down to your local parkrun every week for a month or use parkrun to run a marathon in eight weeks. You can find your nearest parkrun here.
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Thank you for your pledge and good luck!

Alzheimer’s Research UK

Make breakthroughs possible

Registered charity numbers: 1077089 & SCO42474